Welcome TO CORK UNIVERSITY MATERNITY HOSPITAL

Contents

GENERAL INFORMATION II
ADVICE DURING PREGNANCY III
ANTENATAL CARE V
SUPPORT SERVICES VII
LABOUR AND BIRTH VIII
AFTER THE BIRTH IX
FEEDING YOUR BABY XI
POSTNATAL ADVICE XII
DISCHARGE XIV
USEFUL TELEPHONE NUMBERS XVI

MISSION Statement

Women, babies and their families at the centre of our service as we strive for excellence and innovation.

DISCLAIMER: This brochure and contributions made herein have been carefully researched and are intended to act only as a guide for new parents. Independent medical advice should always be sought should you have concerns during, or after, your pregnancy. While every effort has been made to ensure that the information contained in this brochure is accurate at the time of going to press, the publisher, maternity hospital, and the editor cannot take responsibility for inaccuracies or errors. The opinions expressed in the various contributions are the personal opinions of the contributors and are not necessarily the views or opinions of the publishers, the hospital nor the editor. The material contained in this brochure is not intended to constitute medical advice and all problems of a medical nature must be referred to medical staff at the hospital or other qualified medical practitioners. Advertisements within the publication are not endorsed by the hospital or the publisher. Any claims made within the advertisements are not endorsed by the hospital or the publisher.
THE CORK UNIVERSITY MATERNITY HOSPITAL

GENERAL INFORMATION

The Cork University Maternity Hospital (CUMH) team is delighted to welcome you. We hope you will find your pregnancy and birth an enjoyable experience and we are here to help you every step of the way. Having a baby is a very exciting time in your life and we want you to enjoy your time with us.

Midwives working in the hospital are skilled practitioners of normal midwifery and give supervision, care and advice during pregnancy, labour and after the birth. They recognise and refer any problems to a doctor.

CUMH is part of the Cork University Hospital (CUH) campus. The building is located in front of CUH and is finished to a very comfortable and homely standard. The building has six floors and an underground car park.

FIRST FLOOR
You enter the building on the first floor. The main reception, shop, café, Emergency Room and day services are located on this floor. Day services incorporate the ultrasound department, fetal assessment unit, outpatient facilities, midwives’ clinic, parentcraft education and support services such as physiotherapy, social work and dietetics.

GROUND FLOOR
The birthing suite has 12 individual delivery rooms, one of which has a birth pool. The birth pool can be used for pain relief in the first stage of labour, but not for the birth of your baby. It is available to women who have identified ‘low risk’ pregnancies. A ‘home from home’ room is available to women who wish to give birth in a less formal environment in the hospital.

The theatre suite has four operating theatres; two obstetric theatres for Caesarean sections and two gynaecology theatres. This floor also has a recovery room and a high dependency unit where we look after women with pregnancy complications. The neonatal unit has 46 cots, six designated intensive care cots, six high dependency cots and 34 special care cots.

SECOND, THIRD & FOURTH FLOORS
CUMH has 126 maternal beds with a selection of rooms – four bed, two bed and single, all with ensuite facilities.

VALUABLES
Please do not bring large sums of money or valuables into hospital. The HSE does not accept responsibility for patients’ property and valuables.

MOBILE PHONES
Please switch off your mobile phone or put it on silent while in CUMH to avoid disturbing other patients.

Husbands and partners:
7am to 11pm
Siesta time for mothers:
12 noon to 2pm
General time for visiting:
3pm-4pm and 7pm - 8:30 pm.

Children may only visit during these times.

Restrictions to these visiting hours may apply during certain periods of the year. Please check current visiting hours with staff. In order to maximise your rest time, please ask your visitors to respect your wishes regarding frequency and length of visits. Try not to have too many visitors at once and keep your conversations quiet if you are sharing your room. Visiting children must always be supervised and not left unattended to wander the wards and corridors. Please refer to Reducing the Risk of Healthcare Associated Infections on page IV.

TEACHING

CUMH provides valuable clinical training to medical, midwifery, general and public health nursing, physiotherapy and social work students as part of their university course. We will introduce the students to you and explain why they are present. We regard this teaching role as an investment for the next generation. However, you may decline to be observed or attended to by students without affecting your treatment.

RESEARCH

Research is an important part of continually improving our practice and service. Here in Cork University Maternity Hospital we are committed to supporting ongoing research for the possible benefit of mother and baby. We may ask you to take part in a research study. It is not compulsory for you to participate but we would greatly appreciate it.
SMOKING AND PREGNANCY
If you smoke and you would like to try to quit, we are here to help. Our smoking cessation officers offer individually-tailored, practical support and help to stop smoking. This service is available free-of-charge if you want to quit smoking. Please contact your local smoking cessation officer for more information (see contact details on page XVI of this magazine). A CUH or CUMH smoking cessation service is also available for patients on (021) 492 0942/(087) 121 9633.

Smoke-free policy
It is against the law to smoke on our premises. This applies to all staff, service users and visitors. CUH incorporating CUMH is a smoke-free campus. This means that smoking is not permitted anywhere on the grounds of the hospital including doorways, walkways, car parks, internal roads and bicycle sheds. If you have to stay overnight at CUMH, you might find it helpful to contact your GP in advance for advice on smoking cessation support options, or to commence a course of nicotine replacement.

ALCOHOL AND PREGNANCY
The less you drink the better for you and your baby. Cutting out alcohol altogether during pregnancy takes away any possible risk of damage to your baby.

CHICKEN POX AND PREGNANCY
If you never had chicken pox and think you have been in contact with someone who has it, please contact your GP for advice. You will need a blood test to check your immunity and may need treatment to protect your baby. You should avoid contact with other pregnant women until you are advised that it is safe to do so.

SEAT BELTS AND PREGNANCY
Place the diagonal strap over your shoulder and chest (between the breasts) without impinging on your abdomen. The lap strap should lie across your upper thighs. Neither strap should go over your bump.

WHAT YOU NEED TO BRING WITH YOU FOR your stay in hospital

**MOTHER**
Your medical record chart.
This maternity guide.
4 large packs maternity sanitary towels.
3 or more cotton nightdresses or pyjamas (an old nightdress or t-shirt for the Labour Ward).
Disposable or large panties.
Dressing gown, slippers.
Toiletries: shower cap, soap, towels, face cloth, wash bag, etc.

**BABY**
4 baby vests, 6 babygros and bibs.
Baby towels for washing baby.
24 disposable nappies (extra will be required if baby is admitted to the Neonatal Intensive Care Unit).
Roll of cotton wool.
Optional: baby wipes or baby cleansing lotion, Vaseline or Sudocrem. Blanket and hat for going home, baby seat for car.

We provide lockers and wardrobes to store your clothes and personal items. Keep the floors clutter free to facilitate cleaning. Just bring necessary items when coming into hospital. The hospital management is not responsible for money and personal property.
REDDUCING THE RISK OF healthcare associated infections

HEALTHCARE ASSOCIATED INFECTION (HCAI)
A HCAI is an infection that may occur within two to three days after admission to hospital. Infections are caused by micro-organisms such as viruses, fungi or bacteria, which are often called bugs or germs.

SOME PEOPLE ARE MORE VULNERABLE TO INFECTIONS
These include:
- Premature babies,
- Sick children,
- People with medical conditions such as diabetes,
- People whose immune systems don’t work normally,
- People with wounds, or
- People being treated with equipment such as a drip or urinary catheter.

A HCAI INCLUDES ANY OF THE FOLLOWING:
- Urinary tract infection,
- Wound infection,
- Pneumonia (lung infection), or
- Septicaemia (bloodstream infection).

STAFF
Hospital staff can protect you from infection by washing their own hands with liquid soap and water, or by cleaning them with alcohol rubs or gels. If a member of staff needs to examine you or carry out a procedure, feel free to ask if they have first washed their hands or used alcohol gel.

PATIENTS
Do not attend the hospital if you are unwell e.g. have a cold or flu, cold sore, rash, diarrhoea or vomiting until you have spoken with the midwife or Emergency Room staff.
- Keep your hands and body clean when you are in hospital.
- Ensure you always wash your hands after using the toilet and before eating.
- Wash your hands before and after contact with your baby and always after changing baby’s nappy.
- Have a container of moist hand-wipes (baby wipes) with you.
- Bring personal toiletries with you including liquid soap, clean towels, clean face cloths (preferably disposable), shower gel and shampoo.
- Keep the top of your locker and bed table clean.
- Don’t leave fruit or food exposed for long periods on top of the locker.

VISITORS
- Wash your hands before and after visiting with liquid soap and water. Alternatively, use one application of the alcohol hand gel, available at the hospital entrance on visibly clean hands. Rub the gel well onto your hands and allow them to dry.
- Use the public toilet only, not the patients’ bathrooms.
- Do not visit when you are unwell e.g. have a cold or the flu, a rash, cold sores, diarrhoea and/or vomiting.
- Do not eat or drink in the ward. The canteen and coffee shop are provided for these purposes.
- Do not bring children to visit who are unwell.
- Do not use a patient’s cup or glass.
- Do not sit on the patient’s bed. Use the chairs provided.
ANTENATAL care

GENERAL INFORMATION
Antenatal care is important to ensure the well-being of both you and your baby before the birth. It provides opportunities throughout your pregnancy to discuss and plan your wishes for the birth with your doctor and midwife. Our system of antenatal care is shared between your GP and the hospital. This service is free of charge to public patients. You can make contact with your Public Health Nurse prior to delivery by contacting your local health centre.

Please note that the Outpatients Department in CUMH is very busy with large numbers of patients attending daily. We would encourage you to attend on your own or with your partner. Please do not bring children or friends with you. If you or your children have recently had contact with an infectious illness such as chicken pox, vomiting or diarrhoea we request that you call ahead of your outpatient appointment and speak to the midwife manager in charge of the Outpatients Department. This is to prevent the spread of infection to other expectant mothers.

WHERE DO I GO FOR MY FIRST VISIT?
On your first visit to the hospital, please register at the Outpatient reception desk on the first floor. Bring your PPS number, GP letter and results of any blood tests saved by your GP. You should attend 15 minutes before your appointment time. Reception staff will take your details and show you to a waiting area.

WHAT HAPPENS AT MY FIRST VISIT?
During this visit you will have an ultrasound scan, to confirm your expected date of birth and to check that all is well with your pregnancy. You will need to have a full bladder for this scan. A midwife will then review you and take your history – all women are seen alone at some point during this visit. Give the results of any blood tests, your GP has done, to the midwife. If your blood type is Rhesus Negative we will give you a patient information leaflet - it is important to read this leaflet and keep it with your medical record chart. After this visit, we will give you your medical record chart to take home. Please remember to bring this with you anytime you attend the hospital during your pregnancy.

SUBSEQUENT VISITS
At each visit to the antenatal clinic, the midwives and doctors will record certain information on your chart. You will take your chart home with you so your GP can also record information during your pregnancy. You must bring the chart with you each time you visit the clinic, at the time stated on the appointment’s section. If you cannot attend for any reason, please call the antenatal clinic. Each consultant has a specific clinic day. You will, at this stage, have been booked in with one of the consultants, so all future visits will be on their clinic day. When you arrive for your appointment, please report to the clinic receptionist. These visits should not last longer than 60 minutes, but it should be stressed that unforeseen circumstances can arise, which can lengthen the waiting time. Please stick to your appointment times to reduce delays.

Midwifery-led clinics and consultant-led clinics are held on Tuesday, Wednesday and Thursdays. Appointments can be made via Central Appointments on (021) 492 0600 or at the reception desk at the time of your outpatients visit.

OUTREACH CLINICS
You may also attend antenatal clinics at Bantry General Hospital, Mallow Primary Care Centre, St. Mary’s Health Campus (former St Mary’s Orthopaedic Hospital), St Finbarr’s Hospital and the Mitchelstown Living Health Clinic. Appointments for these clinics can be made by contacting Central Appointments at (021) 492 0600 or when booking your return appointments in the Outpatients Department. These clinics are for women with an uncomplicated pregnancy.
You need to have an assessment documented by a CUMH doctor in Outpatients first.

**DOMINO PILOT PROJECT**
The Domino (Domiciliary Care In and Out of Hospital) service allows a hospital-based midwife and/or your general practitioner to monitor you throughout your pregnancy. This approach gives mothers continuity of care, facilitates a hospital-based birth and provides an early return home from hospital. A patient information leaflet and additional information on Domino is available from Martina Dillon, lead midwife, on (086) 7872396.

**HOME BIRTH SERVICE**
This service is provided by self-employed community midwives (SECM) on behalf of the HSE. Research shows that a planned home birth is an acceptable and safe alternative to a planned hospital birth for eligible, pregnant women. Consult your midwife and other medical advisors to decide whether or not it is a safe option for you. CUMH Consultant Obstetrician Dr. Louise Kenny runs a monthly clinic to assess your suitability for a home birth. Following this you can attend your chosen SECM and GP for the remainder of your antenatal care. The SECM cares for you during labour, birth and the postnatal period for up to 14 days at home. For further information contact Jo Delaney or Siobhan Sweeney, Designated Midwifery Officers for home births in Cork and Kerry by email at homebirth.south@hse.ie or phone (087) 288 9499. You can also find information on the HSE’s website: www.hse.ie by typing “homebirth” into the search box.

**EARLY PREGNANCY CLINIC**
This clinic, called the Aislinn Suite, aims to improve care for women with problems in the first trimester (first 12 weeks) of pregnancy. The Aislinn Suite is situated on the south side of the second floor. This takes place from 8am to 1pm Monday to Friday. This is an appointment-only clinic. Appointments can be made by phoning (021) 492 0550 during office hours or the Emergency Room on (021) 492 0552/492 0545 outside of office hours.

**ULTRASOUND DEPARTMENT**
An ultrasound scan uses high-frequency sound waves to produce a picture of your baby inside your uterus on a screen. It is painless and takes about 15 minutes. The scan shows how many babies you are expecting, how advanced your pregnancy is, the position of the baby and the afterbirth (placenta). Your partner can usually accompany you. Please do not bring any children to the ultrasound scan department. Anomaly scans and amniocentesis are also provided in this department for selective, high-risk pregnancies.

**FETAL ASSESSMENT UNIT**
We care for women with complicated pregnancies in our fetal assessment unit. The unit is run by a midwife ultrasonographer doing ultrasound scans and a midwife providing fetal heart monitoring for pregnancies requiring close monitoring. The unit can be contacted on (021) 492 0602.

**PARENTCRAFT CLASSES**
Parentcraft classes are held in CUMH from Monday to Thursday from 9.30am to 12.15pm and from 2pm to 4.15pm. Classes for expectant teenage mums are held every Wednesday from 2pm to 4.15pm. Breastfeeding classes are also available. Classes can be booked through central appointments on (021) 492 0600. Parentcraft classes for parents living on the north side of Cork city are also available via Niche. Contact Mary on (021) 430 0135 or email: mary@nicheonline.ie

If you are unable to attend the classes please contact Central Appointments so that someone else can be offered the place. A filmed tour of CUMH is available on dvd and is shown during the Parentcraft classes. You can also buy a copy of the dvd in the hospital shop.

**ANTENATAL WARD**
If you need to be admitted to hospital during your pregnancy, you will stay in our antenatal ward on the second floor – 2 South. Occasionally this ward may have to accommodate an overflow of women and their babies from other wards.
MATERNITY AND NEONATAL SOCIAL WORK DEPARTMENT
The birth of a new baby can be a stressful time for a variety of reasons. The maternity social work department’s staff provide a counselling and support service for expectant parents. They work closely with other professionals based at the hospital and with those based in the community. There is also a dedicated social work service for the neonatal intensive care unit. If you wish to speak to a social worker, please ask your midwife or doctor who will make contact with the department on your behalf. Alternatively, contact the department directly on (021) 432 0567.

PHYSIOTHERAPY
Chartered physiotherapists specialised in the area of women’s health assess and treat pregnancy-related conditions before birth. They also offer a postnatal continence service. Many conditions that some may consider to be just aches and pains of pregnancy can be effectively treated by physiotherapy. If you have physical discomfort that is affecting your daily living or sleep, discuss it with your doctor or midwife, who can make a referral for you to be seen by a women’s health physiotherapist. If you wish to speak to a physiotherapist, you can call the physiotherapy department on (021) 492 0758.

CLINICAL NUTRITION
The department of clinical nutrition provides a service to both the neonatal intensive care unit and to all pregnant women with diabetes. You can contact Ann-Marie Brennan, Neonatal Dietitian, on Tel: (021) 492 0580 or Linda Culliney, Diabetes Dietitian, on Tel: (021) 492 0581.

SPEECH AND LANGUAGE
Speech and language therapists specialise in the assessment and management of infants and children with feeding difficulties. This can be as a result of a premature birth or a condition known to impact on the safety and efficiency of feeding. All babies referred to the service are followed up after discharge. We also treat babies after discharge if feeding issues emerge later in their infancy. Premature babies are offered assessment at two years of age to ensure that their communication skills are developing appropriately.

CHAPLAINS
Pastoral care is offered and available to all families during their time in CUMH. Hospital chaplains representing all denominations visit each ward regularly and are available to offer pastoral care and support. They will come at any time if requested through the ward office. There is a multidenominational prayer room on the ground floor. Religious services are held in the two chapels in the adjoining CUH. These services are broadcast on CUH Radio 102FM daily at 8.30am and 12 noon. Holy Communion is brought to the wards following Mass in the Roman Catholic chapel and the Eucharist in the Church of Ireland chapel. If you would like to receive Holy Communion please let the chaplains know through the ward staff.
LABOUR and Birth

ADMISSION TO CUMH
Please contact the hospital at any time of the day or night on (021) 492 0500:
● When you feel regular contractions every 10 minutes or more frequently.
● If you think the sac of waters has broken or if you have any bleeding or a show of bloodstained mucus.
Please report to reception at CUMH and bring your chart with you. The midwife in charge will assess you and admit you, if necessary. If we are going to admit you for induction of labour or for any other reason we will give you a time and date in advance.

You will find the labour ward a busy but relaxed and friendly place.

INDUCTION ROOM
There is a five bed induction room in the birthing suite for women who need to be induced.

PARTNERS
We welcome one person to stay with you throughout labour and birth. He/she should be prepared to leave if asked to do so by the staff. You do not have to have someone with you if you do not wish.

PAIN RELIEF
We will fully explain all the pain relief options (both medical and natural) available to you during our parentcraft classes. A full epidural service is available. The herbal preparation arnica thins your blood. If you have used arnica before or during labour it is not possible to have an epidural.

IRISH MATERNITY EARLY WARNING SYSTEM (IMEWS)
We have an early warning system in place to pick up on any changes in your condition. This system is used along with clinical assessment to detect changes in your condition and to assist staff to make decisions about your care. The IMEWS is used during pregnancy and for up to 42 days following the birth.

Special Cases
EPISIOTOMY: An incision is made under local anaesthetic or epidural anaesthesia to enlarge the entrance to the vagina, only if necessary, and allow the baby to be delivered more easily. An episiotomy is performed by the midwife or doctor. It is usually needed during a forceps birth.

FORCEPS BIRTH: Occasionally it is necessary for the baby to be ‘helped out’ by a forceps. The forceps is placed around the baby’s head and the doctor gently pulls, while you push. This is usually done under an epidural or local anaesthetic.

VACUUM BIRTH: A suction cup is placed on the baby’s head and the doctor, with the help of the mum pushing gently, delivers the baby normally with three pushes.

BREECH BIRTH: Sometimes the baby is positioned so the feet or buttocks will come out first during childbirth. This is called a breech presentation. A Caesarean section is usually carried out for breech births.

CAESAREAN SECTION: There are many reasons why a vaginal birth may not be possible. If the reason is known in advance, you will have a planned Caesarean section. If, however, unforeseen complications arise, an emergency Caesarean section may be necessary. We will give you a full explanation and details of the choice of anaesthetics available. Please remove false nails and nail varnish if you are having a Caesarean section.

BLOOD TRANSFUSION: Sometimes a woman or her baby need a blood transfusion. Giving a patient red blood cells, platelets or plasma is called a blood transfusion. It is given via a small plastic needle inserted in the arm. The transfusion should not be painful, but having a needle in your arm may be slightly uncomfortable. Each unit of blood is generally transfused over two to four hours.

If you or your baby needs a blood transfusion, please ensure that you have been given our patient information leaflet ‘Having a Blood Transfusion’.

GIVING birth
During labour, we will encourage you to walk about or sit out so that you will be more in control. We will only give you pain relief on request. We monitor the baby’s heart during labour. The monitoring is intermittent unless it is necessary to continuously monitor it. A student midwife, under the supervision of a midwife, may give you companionship and support during labour and birth. We encourage you to have someone with you for support. We will explain all labour and birthing procedures to you. We encourage you to choose your most comfortable position for birth. However, we will put your legs on supports for a forceps, vacuum or breech birth. We put your baby on your tummy after birth. We dress the baby in just a nappy and make skin-to-skin contact between you and your baby for one hour after birth. If you have decided to breastfeed, we will help you to begin as soon as you are comfortable.
AFTER the Birth

AFTER THE BIRTH
After you have your baby, you and your partner will have some time alone with the baby. This is a good time to start skin-to-skin contact with your baby and will help the baby to adjust to life outside of the womb. Your midwife will show you how to place your baby (naked wearing a nappy) on your chest for at least one hour. Your baby’s face will be turned to the side to keep his or her airway open. Wearing a loose fitting top and no jewellery is helpful. Skin-to-skin contact may be interrupted if you require medical attention but can be resumed afterwards.

ROOMING-IN
We encourage rooming-in: staying with your baby 24 hours a day. All babies (even those born by Caesarean section) stay with their mothers unless they are separated for medical reasons, for example if your baby is admitted to the Neonatal Intensive Care Unit. Rooming-in starts from the time mothers come to their room after birth or from when they are able to respond to their babies after a Caesarean section. Rooming-in should start no later than one hour after normal vaginal deliveries and continue until you are discharged.

BABY TAGGING SECURITY SYSTEM
In order to keep all babies safe, we have a computerised Baby Security system along with a strict Baby Security policy. When your baby is born, we tie an electronic security tag on to your baby’s ankle. This tag is picked up by the computerised security system, which is monitored at all times by the security officers and the midwifery staff. If a baby approaches a door the tag will activate and the door will automatically lock. If a baby with a tag goes through a door the next door will lock and an alarm will sound. All of this activity is carefully monitored. When the baby is going home we will remove the security tag.

PROTECTING MY BABY
- Supervise your baby at all times.
- If the baby security tag or name bracelet falls off your baby’s ankle ask a midwife to replace it immediately.
- Do not give your baby to any person who is not known to you. Always make sure to go with the baby.
- Always ask why people, whom you have not met before, are in your room even if they are dressed in uniform and have hospital identification.
- You and/or your partner should always be present whenever your baby is being examined.
- It is not advisable not to put a notice of your baby’s birth in the media.

VITAMIN K
We recommend that all babies born at Cork University Maternity Hospital receive Vitamin K, which is necessary for the clotting mechanism of the blood.

WHY DOES THE BABY NEED VITAMIN K?
Babies are born with low levels of Vitamin K and are prone to a bleeding disorder that can be prevented by giving your baby Vitamin K.

HOW IS VITAMIN K GIVEN?
With your consent, the midwife will give your baby an injection of Vitamin K 1mg (0.1ml) into the thigh.

WHEN IS VITAMIN K GIVEN?
Vitamin K will be given to your baby in the Birthing Suite immediately after birth.

ARE THERE ANY SIDE EFFECTS?
While there are no reports of side effects from the Vitamin K, some babies will have a minor swelling for a short time around the injection area.

Neonatal Intensive Care Unit
Premature or ill babies may have to spend time in the Neonatal Intensive Care Unit. Specialised staff care for your baby in this unit and are on hand to address any queries or concerns you may have. To protect the babies in the unit from infection, visiting is limited to parents. At the entrance to the unit you must remove jackets, roll up your sleeves and wash your hands before entering the unit. It is advisable not to wear jewellery. Leave valuables at home and switch off your mobile phone. Telephone enquiries are limited to parents only, so please pass on information to other relatives and friends. A neonatal occupational therapist works with babies born prematurely and with high risks. Neonatal occupational therapy provides individualised habilitation and developmental stimulation to infants based on their ongoing behavioural cues. Special attention is paid to environmental influences and therapists strive to provide family-centered care. Neonatal occupational therapists work with nursing staff and other team members.
Baby's Medical Tests and Examinations
A midwife will check your baby and record the baby’s head circumference and weight. If there are any concerns the neonatal team will examine your baby immediately. Otherwise your baby will have a full medical examination, including a hip check, on day one or two of life.

Newborn Infant Oxygen Saturation Test
All infants born at CUMH will have the oxygen levels in their blood checked by pulse oximetry. The test helps detect some heart problems. The midwife will attach a small plastic probe to your baby’s foot. It takes about two minutes to perform and your baby will not feel anything.

Newborn Hearing Screening
Parents of all babies born at the hospital are offered a hearing test for their baby. One to two babies in every 1,000 are born with a hearing loss in one or both ears. Most babies born with a hearing loss are born into families with no history of hearing loss so it is important to test all babies.

The Newborn Hearing Screening programme aims to identify moderate, severe or profound hearing impairment as soon as possible after birth. This gives babies a better ‘life chance’ of developing speech and language skills and of making the most of social and emotional interaction from an early age. The hearing test will usually be carried out while the baby is settled or sleeping at the mother’s bedside. Any baby who does not have a clear response from the test will have a full audiological assessment at our Audiology Clinic (hearing clinic) in CUH.

Newborn Bloodspot Screening Test (Heel Prick)
Soon after your baby is born we will offer you a Newborn Bloodspot Screening Test (or Heel Prick Test) for your baby. This test is strongly recommended, but you may say no if you wish. This test helps us to find rare but serious conditions in babies. Early treatment of these conditions can prevent severe disability or even death. In Ireland, this test screens for phenylketonuria, congenital hypothyroidism, classical galactosaemia, homosystinuria, cystic fibrosis and maple syrup urine disease.

We do the test four days after your baby is born. The public health nurse (PHN) or midwife will prick your baby’s heel using a special device to collect some drops of blood onto a special card. You can help by making sure your baby is warm and comfortable and by being ready to feed and/or cuddle your baby.

For babies at a higher risk of galactosaemia, a heel-prick sample will also be taken at birth for a special test (Beutler test). If your baby is at risk of galactosaemia, you may be advised not to breastfeed until the result of a normal test is back.

If your baby’s tests are normal, we will not contact you directly. Occasionally the PHN or midwife will contact you to take a second blood sample from your baby’s heel. This may be because there was not enough blood collected, or the test result was unclear. Usually the repeat results are normal. We will have the results of abnormal results within five working days. If your baby’s results are of concern we will contact you to arrange more blood tests. Some babies may need to stay in hospital for a short time.

If your baby has one of these rare conditions, a team of specialist doctors, dieticians and nurses will advise you on how to manage your baby’s condition and will follow your baby’s progress long-term. The majority of babies with these conditions will grow up healthy once treated.

For further information ask your midwife or PHN or see www.mnnsp.ie
Breastfeeding – Why Breast is Best

Breastfeeding is the healthiest way to feed your baby. It is the ideal form of nutrition for your baby and it will give all the nutrients he needs for the first six months of life. Your milk continues to be an important part of his diet, as other foods are introduced, for up to two years and beyond.

Your breastmilk is uniquely made for your growing baby’s needs. It helps protect your baby from infection and other illnesses by providing antibodies that help strengthen your baby’s immune system. It is important for your baby’s health, growth and development. As a mum, it also reduces your chances of getting some illnesses later in life. The longer you breastfeed, the greater the health protection for you and your baby. Breastfeeding is also convenient and free-of-charge, and mums enjoy the feeling of closeness breastfeeding creates.

Having good information about breastfeeding will help you get off to a good start and the right support will help you to continue.

We also encourage mothers who, when their baby is born decide to bottle feed by,

- Encouraging close contact with their baby after the birth.
- Assistance to prepare, handle and give artificial feeds and effectively clean and sterilise feeding equipment during the postnatal stay.
- Provide an opportunity to prepare a feed to ensure it is done safely and accurately, either individually or in small groups.
- Care for breasts when they become engorged.

Breastfeeding in CUMH

Breastfeeding support in CUMH aims to educate, encourage and empower women and their families to start and continue breastfeeding. Breastfeeding is supported in all areas of CUMH. We discuss the benefits and how we support mothers to breastfeed with all women during their antenatal visits to the hospital. We offer preparation for breastfeeding classes to all pregnant women. In these classes you will be assisted in the skill of positioning and attaching your baby to the breast and the skill of hand expression. You will also be encouraged to feed your baby early and often, at least 8-12 times in the first 24 hours.

When all mothers give birth to their babies in CUMH, we encourage safe skin-to-skin contact with baby and support you to position and attach your baby to the breast for the first and subsequent breastfeeds. If your baby is admitted to the Neonatal Unit and is too unwell or preterm to breastfeed, we show you how to hand express and then pump your colostrum/breastmilk. During the postnatal period regular and baby-led feeding and avoidance of supplements, teats and pacifiers are all encouraged. We offer support groups for breastfeeding mothers in hospital, please ask your midwife for details.

On discharge, we give all mothers written information about the hospital breastfeeding support group and community groups facilitated by public health nurses and the voluntary breastfeeding and parenting groups (La Leche League, Cuidiu and Friends of Breastfeeding). The CUMH breastfeeding support group is held every Wednesday from 4.30-6.30pm in the Parentcraft Room, first floor CUMH (no appointment is necessary). This group also provides a breastfeeding helpline (Monday to Friday) Tel: 021- 4920752 / 087 6623874. On discharge we also provide the telephone number of the ward from which you were discharged. You can call the number at any time to get advice from an experienced midwife.

Feeding your baby
REGISTERING THE BIRTH
It is the duty of parent(s) to register the birth of their baby. You can do this during your stay at CUMH, from Monday to Friday 9.30am to 1.00pm by strict appointment. Alternatively you can make an appointment at your nearest Registrar of Births, Marriages and Deaths office.
To register, parent(s) must bring a valid photo ID, PPS numbers and an original civil (state) marriage certificate if you married outside of Ireland and official translation of same, if applicable. If parents are married to each other then only one parent need attend. If the mother is single and intends to put the father’s details on the certificate, both parents must attend. If the mother is divorced or separated it is essential that you contact the office prior to registering. Once the mother has been discharged, parent(s) are not permitted to attend the Registration Office at CUMH. Any queries please contact (021) 427 5126.

VITAMIN D
It is recommended that all infants, from birth to 12 months receive Vitamin D drops. Both breastfed or formula-fed babies should be given a daily supplement of 5ug (200IU) of Vitamin D3. This should be provided by a supplement containing Vitamin D3 exclusively. Vitamin D helps our bodies use calcium to build and maintain strong bones and teeth. Low levels lead to weak bones and in severe cases can cause rickets in children. Vitamin D is known as the ‘sunshine vitamin’ because our bodies can make vitamin D from the sun. It is not possible for babies to safely get the vitamin D they need from the sun and therefore supplementation is required. A list of Vitamin D products can be found on www.hse.ie or ask your healthcare professional.

NAPPIES
Information to help you choose between cloth and disposable nappies is available on www.clothnappylibrary.ie

IMMUNISATION
You can immunise your baby against a number of diseases. The BCG vaccine for newborn infants is available in CUMH on a Monday to Friday basis. BCG protects against tuberculosis (TB). The vaccine contains a weakened form of the bacteria that causes TB. This stimulates the immune system to protect against TB.

A schedule for all additional vaccinations will be given to you after your baby’s birth and these can be arranged in your local area. If your baby is in the Neonatal Intensive Care Unit, talk to the neonatologist. You can contact the immunisation nurse, Stephanie Mulcair, at CUH on telephone (021) 454 6400.

POSTNATAL depression
Childbirth can be one of the most challenging and rewarding experiences in any woman’s life. While it is a very exciting time, new mums can and do feel tired, stressed and sometimes overwhelmed by their new circumstances. These feelings are natural and a period of adjustment is to be expected. However, for some women these feelings may persist. Postnatal depression is a reaction to a life event and seeking proper support and diagnosis can also help. Post Natal Support Group: Tel: (021) 4922083 Website: www.pnd.ie
POSTNATAL EXERCISE
Chartered physiotherapists specialising in the area of women’s health give classes on the postnatal wards about:

- Pelvic floor exercises and perineal care,
- Strengthening your tummy muscles,
- Caring for your back,
- Returning to exercise,
- Encouraging your baby’s development, and
- Dos and don'ts following a Caesarean section.

Details of when and where the class will be held on your ward will be on the notice board in your room. You are encouraged to attend this class regardless of the type of birth you have had.

FAMILY PLANNING
Different contraceptive methods suit different people at different times. Ask for advice from your GP or your family planning clinic. If necessary, try one or more methods until you find the one that suits you and your partner best. You are far more likely to use a method regularly and properly if you feel it is the right one for you.

HIV AND CONDOMS
It cannot be too strongly stressed that to avoid sexual transmission of HIV, the most effective way of all is to stay with one faithful partner, and remain faithful to that one partner. However, for sexually active people who are not in ‘one faithful partner relationships’, a good quality, new condom, correctly used, is the single most effective defence against HIV infection. Read the instructions on the packet carefully. Remember, condoms reduce, but do not eliminate the risk of infection as they occasionally break. For more details on contraceptive methods contact your GP.

CONTINENCE ADVISORY SERVICE
A specialist midwife in continence advice is available to assist with any bladder or bowel problems you may have; either during pregnancy or after the birth of your baby. We will ask you at your first visit to the antenatal clinic if you have any problems and your midwife can refer you. You may also contact the continence advisor Eleanor O’Connell at (021) 492 0761.

Perineal clinic
This clinic is for all women who have a 3rd or 4th degree tear from labour. We will see you at the clinic six months after giving birth, take your medical history and examine you. We will do an ano-rectal manometry (take pressure measurements of the anal canal using a fine tube) and an endo anal ultrasound (take images of the sphincters). We will advise and treat you based on your symptoms and the results of the tests. We will advise you on pelvic floor rehabilitation and future pregnancies and delivery. This appointment takes about a half hour.

Urodynamics clinic
We assess urinary incontinence at our urodynamics clinic. It provides a gold standard in the diagnosis, which helps informed treatment choice and improves treatment outcome. This test takes approximately one hour.

Pessary clinic
This service is available to women with pelvic organ prolapse and urinary incontinence. Ring pessaries are used in the conservative management. Your assessment takes about 20 minutes.

RUBELLA (GERMAN MEASLES) VACCINATION
If you are not immune to rubella (rubella negative) the three-in-one vaccination will be offered to you at CUMH. If you have the vaccination, it is important not to become pregnant for one month as the German measles virus can damage unborn babies, particularly in early pregnancy.

REDUCE THE RISKS OF cot death

- Place your baby on his or her back near the foot of the cot to sleep.
- Babies should be kept warm but they must not be allowed to get too warm. Keep the temperature in your baby’s room to a level that you feel comfortable in. To check how warm your baby is, feel the tummy. Your baby’s tummy should feel warm, but not hot.
- Sometimes when your baby is ill, his or her temperature may go up. If this happens you should take off some of the clothes and bedding. If you are worried, contact your GP or public health nurse.
- Use lightweight blankets that you can add to or take away according to the room temperature. Do not use a duvet or baby nest, which can be too warm and can easily cover a baby’s head.
- Babies should not have their heads covered indoors. When you bring baby into a building, car, train or bus, remove their outdoor clothing.
- Mothers should not smoke or allow anyone to smoke near the baby during the first year of life.
- If at all possible, mothers should breastfeed babies for the first few weeks, as it may reduce the risk of infection.
- If your baby seems unwell seek medical advice early and quickly.

Research continues into the causes of cot death. Remember, it is comparatively rare, so do not let the fear of cot death spoil your first months with your baby.

We will give you an information booklet, Safe Sleep for your Baby: Reduce the Risk of Cot Death, when you are on the Postnatal Ward.
The midwives will discuss discharge times with you during your visits to the antenatal clinics. You should be ready and organised to leave by 11am on the morning of discharge.

CHARGES FOR PRIVATE PATIENTS
Discuss charges for private care with your chosen consultant, the consultant’s administration staff and your private health insurer. At the time of going to press, charges for private and semi-private accommodation at CUMH are: Private Room: €1,046 per night, Semi-private €993 per night and day cases (private or semi-private) €735.

You cannot book a private room prior to admission. Single rooms will be given on a first come basis. Please note, if you choose to attend a consultant on a private basis, you are automatically a private patient in hospital. We will charge you the fees listed for your stay and any fees charged by the consultants looking after you and your baby. In general, the night of your induction is only covered by insurance companies if there is a medical necessity for the induction. Please clarify directly with your insurance company. These rates are subject to regular review and details of up-to-date charges will be available from the Patient Accounts Department at CUMH.

PRIOR TO DISCHARGE
A midwife or doctor will examine you before you leave. Tell the midwife if you are going to an address other than the one recorded on your hospital case notes, so that the public health nurse will know where to visit. We will send a discharge letter to your GP with details of your pregnancy and birth, in preparation for your six-week check-up. Before leaving, please ensure that you have not left any belongings behind and returned any borrowed hospital property.

SUPPORT ON DISCHARGE
For most mothers and babies the postnatal period is uneventful. However you may have concerns or questions about your recovery that you would like to discuss with a health care professional.

PUBLIC HEALTH nurse
You can make contact with the Public Health Nursing service before the birth of your baby by contacting your local health centre or primary care centre. They will give you the name of your public health nurse (PHN). Some centres offer ante-natal care. The PHN will advise you on all aspects of child health e.g. health promotion, feeding and developmental milestones. They check to ensure your child is progressing satisfactorily. They also advise and support mothers on postnatal care such as diet and rest.
● We will give you a card with the telephone number of the ward you were discharged from and this is a 24 hour service. An experienced midwife will be happy to assist you with any queries or questions you may have. They will also give you support, information and advice about possible post natal problems and complications.

● If you have any of the following symptoms it is important to go to your GP for a check-up: fever, excessive foul smelling vaginal discharge, abdominal pain, leg swelling or pain in the calves of your legs, breathlessness or headache.

● Your GP will also help if you have been bothered by feeling down, depressed or if you have little interest or pleasure in doing things.

● Book the routine check-ups with your GP. Your baby should be checked at two weeks old and yourself at six weeks after the birth.

ASSESSMENT OR READMISSION OF YOUR BABY AFTER DISCHARGE
If your baby becomes unwell after discharge please contact your GP. For after hours family doctor service please contact Southdoc on telephone 1850 335 999.

If for some reason you cannot attend your GP or Southdoc or your infant requires urgent care, go directly to the Emergency Department at CUH. The Emergency Room (ER) at CUMH is for adult obstetrical and gynecological patients only.

CAR SAFETY FOR NEWBORN INFANTS
When you are making arrangements to take your baby home please ensure that you have a proper baby car seat. This car seat should be carefully checked on purchase and also checked before baby is discharged. Never carry your baby in the front passenger seat as most cars have air bags.

Suggestions & complaints

If you wish to make a suggestion or a complaint, please ask to see the member of staff in charge of the ward/department. The leaflet ‘Your Service Your Say’ outlines our complaints procedure. Staff will discuss the matter with you and if you wish, you may meet the hospital’s Complaints Officer to discuss the matter further. You may also complete our suggestion form if you feel strongly about an issue (praise or complaint). We constantly evaluate our service and value your comments. We will not tolerate violence and aggression towards staff.
USEFUL contacts

- CORK UNIVERSITY MATERNITY HOSPITAL
  (021) 4920500 or www.cuh.hse.ie
- CORK UNIVERSITY HOSPITAL,
  (021) 4920600 or www.cuh.hse.ie
- BREASTFEEDING SUPPORT GROUP, CUMH
  Rebecca O’Donovan,
  Clinical Midwife Specialist in Lactation,
  (087) 6623874
- BREASTFEEDING SUPPORT GROUP
  La Leche League
  (021) 4552357
- SOCIAL AND BREASTFEEDING SUPPORT GROUP
  Cuidiú The Irish Childbirth Trust.
  www.cuidiucork.net
- CHILD BENEFIT DEPARTMENT OF SOCIAL AND FAMILY AFFAIRS,
  1890 400 400
- CONTINENCE ADVISOR, CUH
  Eleanor O’Connell, (021) 4920761
- MATERNITY BENEFIT DEPARTMENT OF SOCIAL AND FAMILY AFFAIRS
  www.welfare.ie
- IMMUNISATION COMMUNITY SERVICES
  St Finbarr’s Hospital
  (021) 4965511
- POST NATAL SUPPORT
  (021) 4922083 or www.pnd.ie
- REGISTRATION OFFICE (BIRTHS)
  Adelaide Street Cork (021) 4275126
- SMOKING CESSATION OFFICERS
  Cork City (021) 4921651 and (021) 4921641
  North Cork (022) 58637
  CUH (021) 4920942 and (087) 1219633
  CUMH (087) 1219620
  Kerry (066) 7184510
- TRAVELLER VISIBILITY GROUP
  (021) 4503786 and (087)1301756